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NEW YORK • Monday, July 22, 2013

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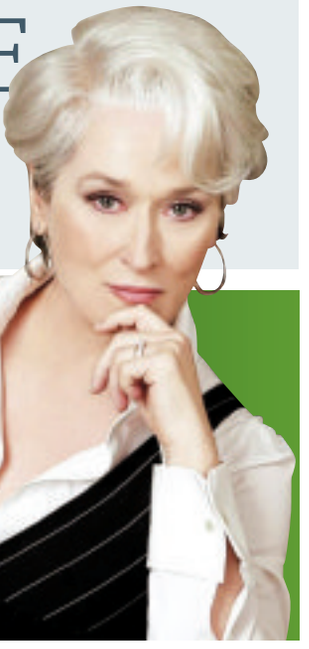

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Monday, July 22, 2013 www.metro.us | t: MetroNewYork | f: MetroNewYork

DIALING UP HOME

Calling home. Zeno Radio lets immigrants listen to stations from their native countries over cell phone lines. **Staying informed.** Most of the audience are newly arrived and looking for news of where they came from. **Big with cabbies.** People from more than 30 countries tune in on a daily basis. PAGE 02

Baruch Herzfeld, the founder of Zeno Radio, talks with Boubacar Ba, the person in charge of the French-language West African stations for the company. / BESS ADLER

Don't sweat it: Get some relief from the heat

PAGE 19

Rodriguez return date now in question

PAGE 24

Mary-Louise Parker paints the town 'RED'

PAGE 14

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1

NEWS

Top 3

Trending online at Metro.us

1 'VIDEO: "Veronica Mars" movie trailer debuts at Comic-Con'

2 'Brooklyn DA has convicted 46 sex abusers in Orthodox Jewish community'

3 'The ING NYC Marathon: Winning the lottery'

Quoted

"No concerts in Florida!"

Protesters at Saturday's Justice for Trayvon in NYC march, shouting to Beyonce and Jay-Z

Immigrants tune in to home over Zeno Radio

On air. Immigrants have a champion in Baruch Herzfeld, the brains behind a new radio company.

Herzfeld started out with one little radio show and a phone card business, and ended up with Zeno Radio, a massive operation involving an estimated 3,000 phone numbers connecting U.S.-based listeners to radio programs in 30 countries around the world.

"How did I know how to do that? I don't know, why do I know how to do some things and not others?" Herzfeld asked. "Why doesn't my wife let me touch any of the tools in the house? Some people have crazy ideas."

Zeno Radio, Herzfeld's newest endeavor, assigns phone numbers to radio channels from all over the world. The logic is that everyone has unlimited voice minutes, but data plans are expensive and monthly allotments are easily exceeded, making streaming radio not a viable method.

Herzfeld said it's sometimes difficult to be excited when business picks up, because it's often a sign of strife in their listeners' home countries. In October, he noticed a huge bump in listeners to their Jamaican stations.

"Then I realized: they're all worried about Hurricane Sandy," Herzfeld said.

Listeners

70%

While the service is accessible nationwide, Herzfeld estimates that 70 percent of their listeners are in New York.

DANIELLE TCHOLAKIAN
danielle.tcholakian@metro.us

Baruch Herzfeld says that Zeno Radio now reaches people in 30 countries. / BESS ADLER, METRO

Second person dies from July heat

A heat wave blanketed New York City last week. / GETTY IMAGES

Marking at least the second such death in less than a month, a 78-year-old man died of heat exposure in Brooklyn.

The medical examiner's office said the man died of hyperthermia Friday, when air temperatures climbed to 96 degrees, according to the Associated Press.

Further details on the death were unavailable Sunday afternoon.

The man died amid the longest heat wave since 2002, when temperatures were above 90 degrees for nine straight days in August, according to NBC's Storm Team 4.

In the first official death from extreme heat, a 57-year-old Staten Island man died of hyperthermia July 8, when temperatures reached 89 degrees.

If temperatures stay at or above average for the rest of the month, July is slated to be one of the 10 hottest on record.

For the rest of the week, temperatures will be noticeably cooler, with scattered showers and cloudy skies, according to the National Weather Service forecast. **ANNA SANDERS**

NYPD chonicles

Suspect dies in police custody in Brooklyn

After being arrested for violating an order of protection, a woman died while in police custody in Brooklyn.

Kyam Livingston, 33, was pronounced dead at Brooklyn Hospital around 7 a.m. Sunday after suffering seizures in Central Booking, police said.

Police arrested Livingston, of Prospect Park South, at 2 a.m. Saturday after she had a verbal dispute with a woman. Livingston had apparent seizures at 6:40 a.m., police said.

The case is under investigation. **ANNA SANDERS**

Riding the rails

Quinn pushes for no-swipe MetroCard

Council Speaker Christine Quinn said Sunday, that if elected as mayor, she will make New York City's transit system more efficient by implementing a no-swipe MetroCard system.

Christine Quinn / GETTY IMAGES

Quinn said her proposed system would save passengers money and cut down on commute times.

"Money saved through the implementation of a no-swipe MetroCard system can and should be used to help make commuting New Yorkers' lives easier and more efficient, and as mayor I will ensure this is a priority," Quinn said. **BREANNA BISHOP**

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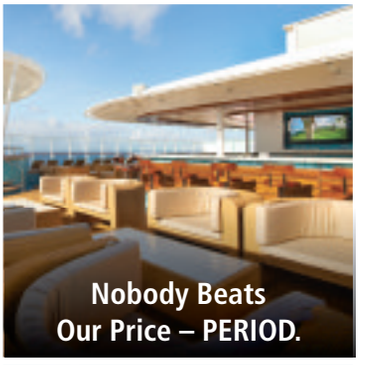

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Mayoral hopefuls spend night in NYCHA housing

Overnight. The candidates slept in a public housing building in Harlem over the weekend.

Five Democratic candidates running for mayor slept at a Harlem housing project Saturday night to highlight living conditions within the city's Public Housing Authority.

At the invitation of the Rev. Al Sharpton, Public Advocate Bill de Blasio, City Comptroller John Liu, City Council Speaker Christine Quinn, former City Comptroller Bill Thompson and former congressman Anthony Weiner participated in the sleepover at the Lincoln Houses in East Harlem.

"Just one night won't solve all the problems, but one night will take the issues out of the margins," Sharpton told reporters Sunday morning after the sleepover, according to the New York Daily News.

Quinn found mold in the bathroom of the tenant she stayed with. De Blasio reported water damage and Thompson slept without the comfort of air conditioning.

Sharpton said Republican candidates John Catsimatidis and Joe Lhota, along with Independence party candidate Adolfo Carrion, did not attend after being invited.

ANNA SANDERS
anna.sanders@metro.us

Bill Thompson spent the night in NYCHA housing. / BILL THOMPSON

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Investigation

Man dies in Staten Island shooting

A 22-year-old man was killed after a shooting Saturday in Staten Island that left another woman injured.

Victorious Briggs was shot at a Clifton residence before he was taken to University North Hospital and pronounced dead. A woman was shot in both hips.

The investigation is ongoing, police said.

ANNA SANDERS

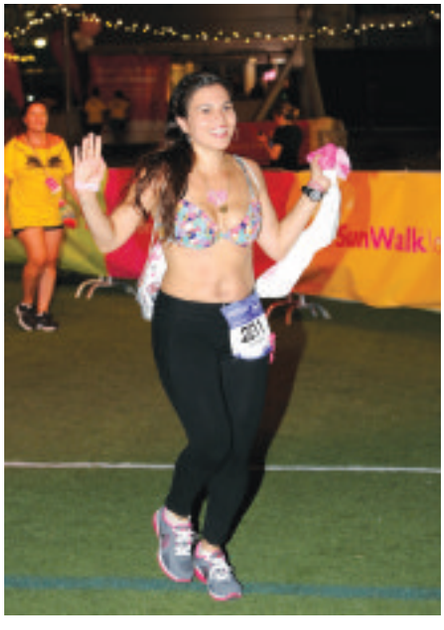
In the Bronx

Woman found dead inside of trash can

A 29-year-old woman was found dead in a trash can inside a Bronx apartment Sunday, police said.

The unidentified woman was found unresponsive around 5:40 a.m. in a Mount Eden apartment.

A 53-year-old man the woman was in a relationship with was taken into custody from the scene. Police said the investigation is ongoing. ANNA SANDERS



Nightowls MoonWalk to first overnight race

The MoonWalk NYC, took place on Saturday, and was the city's first overnight marathon, according to organizers. Walkers raised funds for the Memorial Sloan-Kettering Cancer Center's Breast Examination Center. / METRO, GETTY

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Public gets Free TV with no monthly bills

Federal law makes TV network giants broadcast Free TV signals regionally in crystal clear digital picture in all 50 states allowing U.S. households to pull in Free TV with a sleek $49 micro antenna device engineered to pull in nothing but Free TV channels with no cable, satellite or internet connection and no monthly bills

Who Gets Free TV: Listed below are the NYC area zip codes that can get Free over the air TV channels. If you find the first two digits of your zip code immediately call: 1-888-752-7147

NEW YORK - Today's announcement by CompTek has the Free TV Hotlines ringing off the hook.

That's because NYC area residents who find their zip code listed in today's publication are getting Free TV channels thanks to an amazing razor-thin invention called Clear-Cast®.

NYC area residents who call the Toll Free Hotlines before the 48-hour order deadline to get Clear-Cast can pull in Free TV channels with crystal clear digital picture and no monthly bills.

This announcement is being so widely advertised because a U.S. Federal law makes TV broadcasters transmit their signals in digital format, which allows everyone to receive these over-the-air digital signals for free with no monthly bills.

Here's how it works. Clear-Cast, the sleek micro antenna device with advanced technology links up directly to pull in the Free TV signals being broadcast in your area with crystal clear digital picture and no monthly bills.

Clear-Cast was invented by a renowned NASA Space Technology Hall of Fame scientist who currently holds 23 U.S. Gov't issued patents. For the past 20 years, he has specialized in developing antenna systems for NASA, Motorola, XM Satellite Radio and companies around the world.

His latest patent-pending invention, Clear-Cast, is a sleek micro antenna device engineered to pull in the Free TV signals through advanced technology with no cable, satellite or internet connection and no monthly bills.

"Clear-Cast is being released to the general public because we just don't think people should keep paying for TV when they can get it for free," said Conrad Miller, Manager of Operations at CompTek.

"There's never a monthly bill to pay and all the channels you get with Clear-Cast are absolutely free. So you see, Clear-Cast is not like cable or satellite. It was engineered to access solely the over-the-air signals that include all the top rated national and regional networks, like ABC, NBC, CBS, FOX, PBS, CW and about 90% of the most watched TV shows like America's Got Talent, NCIS, 60 Minutes, American Idol, The Big Bang Theory, The Bachelorette, Person of Interest, CSI, The Mentalist, Two and a Half Men, Sunday Night Football plus news, weather and more all for free with no monthly bills," Miller said.

"That's why Clear-Cast is such a great alternative for everyone who is sick and tired of paying expensive cable and satellite bills every month," he said.

"People who get Clear-Cast will say it feels like getting an extra paycheck every month. You see, with Clear-Cast you'll receive free over-the-air broadcast channels with crystal clear digital picture, not the cable or satellite only channels. So being able to eliminate those channels puts all the money you were spending back in your pocket every month," Miller said.

And here's the best part. The sleek micro antenna device called Clear-Cast is so technically advanced it pulls in even more of the channels being broadcast in your area for Free with no monthly bills.

That way you can channel surf through the favorite TV shows. The number of shows and channels you'll get depends on where you live. People living in large metropolitan areas may get up to 53 static-free channels, while people in outlying areas will get less. That means even if you're in a rural area that just pulls in NBC, ABC, CBS, FOX and PBS broadcasts there's hundreds of shows each year to watch for free.

Consumers report that the crystal clear picture quality with Clear-Cast is the best they've ever seen. That's because you get virtually all pure uncompressed signals direct from the broadcasters for free.

Clear-Cast was engineered to link up directly like a huge outdoor directional antenna but in a lightweight, slim-line package. Its sturdy copper alloy and polymer construction will most likely far outlast your TV.

It just couldn't be any easier to get Free over-the-air digital TV shows with Clear-Cast. Simply plug it into your TV, place Clear-Cast on a window pane and run autoscan. It works on virtually any model TV and is easily hidden out of sight behind a curtain or window treatment.

Thousands of NYC area residents are expected to call to get Clear-Cast because it just doesn't make any sense to keep paying for TV when you can get hundreds of shows absolutely free.

So, NYC area residents lucky enough to find their zip code listed in today's publication need to immediately call the Free TV Hotline before the 48-hour deadline to get Clear-Cast that pulls in Free TV with crystal clear digital picture. If lines are busy keep trying, all calls will be answered. ■

■ **NEVER PAY A BILL AGAIN:** New Yorkers will be on the lookout for their postal carrier because thousands of Clear-Casts will soon be delivered to lucky NYC area residents who beat the 48-hour order deadline and live in any of the zip code areas listed below. Everyone is getting Clear-Cast because it pulls in nothing but Free TV channels with no cable, satellite or internet connection and no monthly bills.

How to get Free TV:

Listed below are the NYC area zip codes that can get Free TV channels with no monthly bills. If you find the first two digits of your zip code immediately call **1-888-752-7147** beginning at precisely 8:30am this morning. Today's announcement photo above shows just a handful of the major over-the-air broadcast networks you can receive with Clear-Cast for free. It saves a ton of money by not picking up expensive cable only channels like ESPN so there's never a monthly bill. This is all possible because a U.S. Federal Law makes TV broadcasters transmit their signals in digital format, which allows everyone to use Clear-Cast to pull in Free TV channels with no monthly bills. CompTek is giving every U.S. household a 50% off discount to help cover the cost of Clear-Cast. Clear-Cast, the sleek micro antenna device is a one-time purchase that plugs in to your TV to pull in Free TV channels in crystal clear digital picture with no monthly bills. Each Clear-Cast normally costs $98, but U.S. households who beat the 48-hour deadline are authorized to get a 50% off discount for each Clear-Cast and cover just $49 and shipping as long as they call the Free TV Hotline at **1-888-752-7147** before the deadline ends or online at www.clear-cast.com. Trademarks and programs are the property of their respective owners and are not affiliated with or endorsing Clear-Cast. **SXS562**

Alabama 35, 36	Colorado 80, 81	Idaho 83	Kentucky 40, 41, 42	Michigan 48, 49	Nebraska N/A	New York 00, 10, 11, 12, 13, 14	Oregon 97	Tennessee 37, 38	Washington 98, 99
Alaska 99	Connecticut 06	Illinois 60, 61, 62	Louisiana 70, 71	Minnesota 55, 56	Nevada 88, 89	North Carolina 27, 28	Pennsylvania 15, 16, 17, 18, 19	Texas 75, 76, 77 78, 79, 88	West Virginia 24, 25, 26
Arizona 85, 86	Delaware 19	Indiana 46, 47	Maine 03, 04	Mississippi 38, 39	New Hampshire 03	North Dakota 58	Rhode Island 02	Utah 84	Wisconsin N/A
Arkansas 71, 72	Florida 32, 33, 34	Iowa 50, 51, 52	Maryland 20, 21	Missouri 63, 64, 65	New Jersey 07, 08	Ohio 41, 43, 44, 45	South Carolina 29	Vermont 05	Wyoming 82, 83
California N/A	Georgia 30, 31, 39	Kansas 66, 67	Massachusetts 01, 02, 05	Montana 59	New Mexico 87, 88	Oklahoma 73, 74	South Dakota 57	Virginia 20, 22, 23, 24	Washington DC 20
	Hawaii 96								

How It Works: Just plug it in to your TV and pull in Free TV channels in crystal clear digital picture with no cable, satellite or internet connection and no monthly bills

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They are caused by fluid build-up in the dysfunctional veins and can be extremely painful.

Dysfunctional veins can also increase the risk of blood clots. Patients may experience a swelling in the leg, which may indicate a blood clot. Left untreated, these clots can travel through the bloodstream and lodge near the heart or lungs, causing potentially life-threatening health problems.

If you have already decided you'd like to receive vein treatments or would like to get a diagnosis, simply schedule an appointment with USA Vein Clinics today by calling (718) 732-0231.

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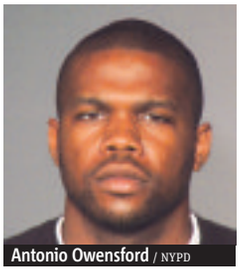
Man charged in tossing teen off roof after rape

Horror story. The two men threw the 16-year-old off of a three-story building, cops said.



Antonio Owensford / NYPD

A second suspect has been charged for luring a 16-year-old to a roof in Brooklyn, raping her and then throwing the teen off the building.

Antonio Owensford, 25, was arrested late on Friday and charged with attempted murder, strangulation, assault and two counts of rape, police said.

Owensford, of Brentwood, Suffolk County, allegedly raped the teen with Anwar Desouza, 25, before tossing her off a three-story building on July 14. The incident occurred about 4 a.m. on the roof of 725 Miller Ave. in East New York, police said

The victim was taken to Brookdale Hospital in Brooklyn with multiple injuries to her leg, arm and neck.

Desouza allegedly met up with the victim through the site Backpage.com, a classified site that is used to peddle prostitutes, sources told the New York Daily News.

The victim met up with Desouza at the apartment building that he shares with his wife and two children. While negotiating the terms of their encounter, Desouza and the victim ran into Owensford.

When Desouza refused to wear a condom during the $100 tryst, he and Owensford took turns raping and choking the teenager. Police said Owensford is believed to be the one who threw the victim off the roof.

Anwar Desouza, 24, has been charged with attempted murder, rape, assault, criminal sex act and strangulation, police said.

ANNA SANDERS
letters@metro.us

Violent city

Teen shot and killed in the East Village

An 18-year-old was shot in the back of the head Friday night in the East Village, police said.

Deontay Moore, of E. 10th Street, was hit with a bullet after a gunman fired into a crowd that was in hanging out in front of the Jacob Riis Houses on Avenue D just before 11 p.m., according to the New York Daily News.

The teenager was transported to Bellevue Hospital and was pronounced dead on Saturday morning.

Police have made no arrests in the case, but said that the investigation is ongoing.

Anyone with information about the crime can call the NYPD's Crime Stoppers Hotline at 800-577-TIPS.

ANNA SANDERS

Adopt a pet with Metro

Romeo is a 7-year-old pit bull mix who is truly a romantic. He falls in love with everyone that he meets. This handsome guy is no couch potato — he is a big fan of playtime and going for walks. Romeo would be happiest with an active family. To adopt Romeo, stop by the ASPCA Adoption Center at 424 E. 92nd Street or visit Adoptaspca.org. / ASPCA

Boehner refuses to take stand on key immigration plan

Boehner was also asked how he felt to have presided over the least productive and one of the least popular Congresses. / GETTY IMAGES

Speaker. He said taking a stand would make it harder to find consensus in the House.

John Boehner refused to say whether a comprehensive immigration overhaul should include a path to citizenship for undocumented immigrants, declaring that the House debate is "not about me."

The Speaker of the House, appearing on CBS's "Face the Nation," dodged repeated attempts to get him to spell out his personal views on a path to citizenship for up to 11 million illegal immigrants now in the United States, a major point of contention between the House and the Democratic-led Senate.

The Senate has passed a sweeping, bipartisan immigration bill that includes a pathway to citizenship, which Republican opponents have called an "amnesty" that would reward lawbreakers and attract more illegal immigrants.

"If I come out and say, 'I'm for this and I'm for that,' all I'm doing is making my job harder," Boehner said. "My job in this process is to facilitate a discussion and to facilitate a process."

Boehner said the sweeping Senate bill would not pass the House and reiterated that the House would tackle the issue in smaller "chunks," including strict border protection. **REUTERS**

Quoted

"It's not about me, it's not about what I want. ... This about allowing the House to work its will." Boehner

Amusement park

Police confirm woman fell to death from roller coaster

The woman who died Friday while riding a 14-story roller coaster at the Six Flags Over Texas amusement park outside Dallas fell from the train car she was riding in.

Police in Arlington, Texas said yesterday there was no evidence that the death of the woman resulted from criminal intent. **REUTERS**

Gruesome discovery

Search in East Cleveland after three bodies found

Police in East Cleveland, Ohio, were leading volunteers in a search for more possible victims of a suspected killer who left three women's bodies, wrapped in plastic, around a run-down neighborhood.

East Cleveland Mayor Gary Norton said that Michael Madison, 35, has been arrested as a suspect. **REUTERS**

Prevent attacks

UN warns on mobile cybersecurity phone bugs

A United Nations group that advises nations on cybersecurity plans to send out an alert about significant vulnerabilities in mobile phone technology that could enable hackers to remotely attack at least half a billion phones.

The bug allows hackers to remotely gain control of and also clone certain mobile SIM cards. **REUTERS**

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Royal baby watch: The scene outside the hospital

'Waity Katie' getting her own back. Metro checks out the scene as the womb watch drags on.

A gift was delivered outside of St. Mary's Hospital. / GETTY IMAGES

Cameras poised, pavement territories marked and step ladders erected, the Lindo Wing — of the appointed royal birthplace at London's St. Mary's hospital — lays under press siege.

For the cameramen staking out the hospital, it's like waiting in cozy but dull media trenches. Freelance cameraman Nasser Itani has been waiting for the arrival of the Duchess of Cambridge for 12 days, working eight-hour shifts.

"The highest point came [Thursday] when there were rumors that Kate had left her family home in Bucklebury for London — but it was fake." [Laughs]

However, a posed picture with the baby would go against royal protocol of how the news is to be broken.

And it's unlikely the future monarch will be held aloft before the royal couple's subjects, Simba-style as in "The Lion King" or dangled from a window in a Michael Jackson fashion.

But superfan John Loughrey, who pitched his tent last Monday, shares the sentiment that the new parents will embrace the historic moment with their legions of global admirers.

"They'll definitely address the crowd and people will shake baby rattles and toys and teddy bears will be thrown — it'll be joyous." The 58-year-old Londoner adds: "I'm so excited at the prospect of it being a girl. William will definitely call her Diana — it'll be her middle name; if it's a boy — Charles. The boys were nurtured by their father — you can see the bond."

RICHARD PECKETT
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Royal superfan John Loughrey, 58, waits outside the Lindo Wing of St. Mary's Hospital in London for news about the royal baby. / RICHARD PECKETT, MWN

Great Kate wait

The media deal with boredom

The press teams keep boredom at bay by chatting amongst themselves, reading and tallying off the days like Steve McQueen in "The Great Escape." "The Great Kate Wait" has almost reached a fortnight and Itani and his media peers are waiting for what he calls "the golden 30 seconds" when Catherine and William will stand before the press with their newborn child.

For now, we're left with speculation over the name and sex of the baby, but soon-to-be grandmother Carole Middleton hinted to the press that the baby will be a Leo (July 22–Aug. 23). But with two expected due dates — July 13 and 19 — come and gone, your guess is as good as ours.

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Church of Satan takes a stand for women's right to choose

Sect. Metro speaks to a high priest to learn some surprising revelations.

The Dark Lord is back in the headlines after a sect of satanists crashed an anti-abortion rally in the U.S. We spoke to Peter "Magus" Gilmore, High Priest of the New York-based Church of Satan, to see where they stand.

So are you a pro-choice believer? What does that have to do with Satan?
Satanism is a philosophy that supports individual liberty, which would naturally grant a woman sovereignty over her own body. But Satanism also calls for responsibility, which means that if one does not wish a child then one should either be sterilized or diligently use contraception.

Is sexual experimentation important to satanists?
Satanism stands for sexual freedom, which means that any form of sexual expression between consenting adults is accepted. We thus oppose rape, pedophilia and sex with other species, since informed consent cannot be part of such liaisons. Satanism encourages the use of fetishism for those to whom it comes naturally, but does not advocate that people must experiment if that is not their inclination.

Do you support gay marriage?
Yes.

Peter "Magus" Gilmore is the High Priest of the Church of Satan. / DAVID SHANKBONE, CREATIVE COMMONS

Where does Satanism belong on a political spectrum?
Satanism considers the social contract to be the basis for human interaction. Law and order is a goal we seek so that society is stable and we can enjoy our lives. Satanists are free to choose whatever local politics to support that would bring them the most personal benefits. Anarchy is not something a satanist would be likely to advocate, since that can bring an instability detrimental to the pursuit of personal satisfaction.

KIERON MONKS
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Individualism

Which current affairs topics do satanists care most about?
Satanists are not like other groups, which have collective causes. Since individualism is the basis of our philosophy, issues of concern are up to each satanist.

The philosophy promotes liberty, so satanists who find political activity to be fulfilling might champion human rights issues. We consider ourselves to be animals, like the rest of the species, so some work with groups which help protect endangered species.

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Poor quality meals and bad management: India ignored warning

Poisoning. Some were killed so quickly that they died in their parents' arms on the way to the hospital.

The village school in India where 23 children died by poisoning last week had been providing lunch under a government-sponsored scheme without checks or monitoring by local officials to see if the food was stored carefully or cooked properly.

Although it is the first such disaster in the "midday meal" project that feeds about 120 million children every day across India, a Reuters review of audit reports and research papers shows that officials have long ignored warnings of the lack of oversight and accountability in the program.

"You only come and do checks when you get complaints or when there are serious cases," said Rudranarayan Ram, the local education administrator for the village of Gandaman in Bihar state, where the children died. "This was the first time."

Ram, who was tasked with monitoring the program, said the headmistress of the school, who has fled, bought the food and the oil in which it was cooked. He just doesn't know from where or how the items were stored.

Although fatal contamination is extremely rare in the midday meal scheme, auditors in several states have described unhygienic conditions in which the food under the program is prepared and served, and the poor quality of food itself.

Two audit reports by the state governments of Andhra Pradesh and Madhya Pradesh have said the food in the scheme was often laced with stones and worms. REUTERS

Quoted

"If the government checks, they will find that the children who have been eating midday meals are under great physical threat."

Ajay Kumar Jha
Professor at A.N. Sinha Institute of Social Studies, who led a team to monitor the program in Bihar in April

Egypt starts amending constitution

A panel of legal experts started work yesterday to revise Egypt's Islamist-tinged constitution, a vital first step on the road to fresh elections ordered by the army following its removal of Mohamed Mursi as president. Mursi's Muslim Brotherhood has accused the army of orchestrating a military coup and denounced plans to revise the constitution. REUTERS / GETTY IMAGES

Mexico blast

Seven injured in explosion at Pemex pipeline

At least seven people were injured by an explosion after an attempt to illegally tap a pipeline belonging to the Mexican state oil monopoly Pemex near Mexico City, officials said yesterday.

The early morning blast at the crude oil pipeline occurred in Tonanitla about 25 miles north of the capital, and was under control just before noon, Pemex said on its Twitter account.

The government of the state of Mexico, a populous region that borders much of the capital, said seven people were injured by the explosion. Five were police and two worked for the fire brigade. It was not known who caused the blast. REUTERS

Major dilemma: Choosing wisely

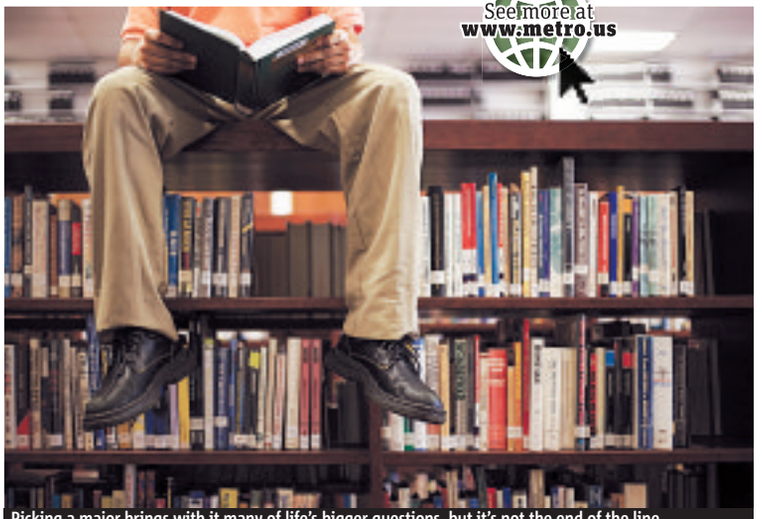
Course conundrum. When deciding what classes will fill your schedule, it's important that you don't stress.

For high school seniors, there's excitement that comes with completing the college application process and heading off to school. But often, the excitement ends where the anxiety about choosing a major begins. In their new book, "The Secrets of College Success," college professors Jeremy S. Hyman and Lynn F. Jacobs share their tips for graduates looking for the right college major.

Take a minute. Upon entering college, many students are encouraged to declare a major right away, but Hyman says that isn't necessary. "We recommend the following: Don't major at the door!" he shares. "I don't think picking a major is all that important. When possible, it's good to delay."

Take advanced courses. Many schools offer intro courses that are watered down and general. Students don't really get a sense of what the major is like until they take advanced courses, Hyman says. "When possible, we think it's best to test the waters," he says, "especially if you can take one or two upper-division courses."

Go with what you love. It's important to pick something you're interested in, but many students have varied interests and have trouble focusing on just one course of study. "Students like to double or triple major and sometimes add a minor or two as well," he states. "This can be a good idea if the majors have some relation to each other, but we think a far better idea is that you have a primary interest."



Picking a major brings with it many of life's bigger questions, but it's not the end of the line.
GETTY IMAGES, FUSE

Consider your core skills. Of course, fields like health care require specific training. But picking a major is not the end-all, be-all decision.

"What businesses complain about most when they hire people is not that they have the wrong major," Hyman says, "but that they have bad writing, analytical or interpersonal skills."

And what happens if you want to change majors to target a newly realized field of interest after a few semesters? It's usually not too hard, Hyman assures.

JULIE KAYZERMAN
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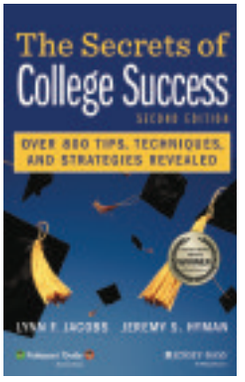
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Explore

No clue what to do?

Don't panic. According to Hyman, it is best to ask other people what they're doing and how they like it. "Take more courses, talk to more people. Don't panic. College is a five- or six- or seven-year expedition."

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By putting money in a fund to be shared, new programs are taking a different approach to student loan debt. / PHOTOS.COM

The tuition solution

Money. Is paying it forward the new way to fund higher education? Maybe.

It's difficult for cash-strapped students in a recovering economy to see the bright side lately — particularly as government-backed student loan interest rates have doubled since the beginning of the month. But the good thing about problems (like, for example, super-expensive college tuitions) is that they can often be the catalysts for ingenuity and change.

John Burbank, Executive Director of the Economic Opportunity Institute, a non-partisan think tank, believes that they have found a way to make a fund for higher education that replenishes itself. Using the "Pay It Forward" model, which is expected to be in a pilot stage in Oregon as early as 2015, students bank on future generations.

"We thought we needed to start thinking outside the box," Burbank says. The institute's plan "will allow students to go to college debt-free, and then as a quid pro quo for that, they contribute 3 or 4 percent of their income ... to a public higher education trust fund."

Ideas like this are starting to gain traction nationwide, with private companies like Pave and Upstart also allowing students to commit a portion of their future earnings in exchange for the ability to go to school debt-free.

Burbank is emphatic about the difference between "Pay It Forward" and a system of student loans. "It is not debt insurance, and it is not a loan. Think of it more as a social insurance program," he says. "You contribute for a predetermined number of years at a certain rate of income and it's something you can anticipate." Burbank also stresses that 3 percent of any income is a small price to pay, and would allow students to focus on following their interests instead of chasing the Benjamins.

For now, Burbank says that several states nationwide have shown interest in "Pay It Forward," including New York, Maine, Pennsylvania and California.

Quoted

"It is not debt insurance, and it is not a loan. Think of it more as a social insurance program."

John Burbank, on the "Pay It Forward" model for funding higher education

JULIA FURLAN
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Q&A

How do you feel about the increase in student loan interest rates?
Congress is more willing to give a break to the banks rather than to students, so that's too bad. It's necessary to look to the states as laboratories for democracy and for solutions that actually work. We believe that "Pay It Forward" will work.

How much will the students have to give back after graduation?
It's the same percentage rate and contributory period across the board. I don't pretend to have the final answer on this, but let's say you earn $10,000 and you're contributing 3 percent. That is $300 a year. If your income is $100,000 it'll be $3,000 a year — it's accessible.

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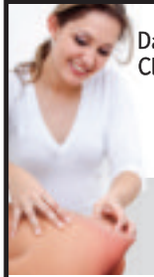

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1 Lawyer for J.K. Rowling behind pseudonym leak

When you have a client as wealthy and famous as J.K. Rowling, you do your best to keep her happy. It's too bad the British law firm Russells didn't follow suit.

The law firm announced on Thursday that one of their partners was behind the leak that Rowling penned the book "The Cuckoo's Calling" under the pseudonym Robert Galbraith. A partner in the firm let the secret slip to his wife's best friend who then leaked it to the British press, the Associated Press reports. (Side note: The only way you give up this big of a secret to your wife's best friend is if you are sleeping with said wife's best friend, no?)

And now Rowling isn't very pleased.

"Only a tiny number of people knew my pseudonym, and it has not been pleasant to wonder for days how a woman whom I had never heard of prior to Sunday night could have found out something that many of my oldest friends did not know. To say that I am disappointed is an understatement," the famed author said. "I had assumed that I could expect total confidentiality from Russells, a reputable professional firm, and I feel very angry that my trust turned out to be misplaced."

If she's angry, imagine how that lawyer's wife must feel.

Mariska Hargitay: SV-awwwwwwww

Mariska Hargitay brought her children, Amaya and Andrew (and their excellent choice of hat-wear), to the Children's Museum Of The East End fifth annual Family Fair on Saturday in Bridgehampton, N.Y. / GETTY IMAGES

2 West fights photographer in LAX

Another day, another dollar, another Kanye West altercation with the paparazzi in an airport.

But this time was a bit more aggro than most. On Friday, the rapper and Kardashian baby daddy came to blows with a photographer outside of the LAX airport, according to TMZ. It's unclear what spurred the altercation, but sources say West went after the "especially aggressive" photographer and tried to take away his camera, pulling him to the ground. West was no longer on the scene when police arrived. The photographer was taken to a local hospital to undergo X-rays on his hip, which he claimed he injured in the fight (of course he did).

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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Talking points

Clooney tried to get Longoria

George Clooney reportedly tried (and failed) to woo Eva Longoria while he was still dating Stacy Keibler, according to Us Weekly. The two stars spent time socializing at the Soho House in Berlin back in March "but did not hook up," a source explains. "George began pursuing Eva. He told her that he was still with Stacy but had plans to break up with her and was interested in being with Eva." And apparently, when Longoria politely turned down his offer: "He continued to pursue her with texts and calls. Eva made it clear to him that she would not date or be with him until he was completely single."

'Modern Family' star weds

"Modern Family" star Jesse Tyler Ferguson married boyfriend Justin Mikita in New York City this weekend, tying the knot in front of 200 friends and family, according to Us Weekly. Guests included Ferguson's co-stars Julie Bowen, Ty Burrell and Eric Stonestreet as well as Zachary Quinto, Rebecca Romijn and Padma Lakshmi.

Ferguson and Mikita have been dating for two years.

3 Get ready for a double dose of superhero spandex

And here I thought Bruce Wayne doesn't do cameos?

What was probably the biggest news to come out of Comic-Con this weekend was director Zack Snyder and Warner Bros. announcing that Batman will appear in the sequel to "Man of Steel," scheduled for release in the summer of 2015. Henry Cavill's Superman will be joined onscreen by Batman himself, Snyder announced. Cavill will return for the sequel, along with Amy Adams, Laurence Fishburne and Diane Lane, but the role of Batman has yet to be cast. Christopher Nolan will once again serve as producer, while Snyder and "Man of Steel" screenwriter David S. Goyer will co-write the script.

The poor Green Lantern. He never gets asked to randomly pop up in other superhero movies in order to boost ticket sales.

2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Josh Radnor feels safe, Elizabeth Hurley doesn't mind being up early, Justin Bieber is heading home and Seth Rogen is a bit bummed about Comic-Con.

@JoshRadnor: Probably no crime in San Diego tonight. Superhero on every corner. #ComicCon

@ElizabethHurley: What heaven to drive in London at 6 am on a Sunday. Zero traffic.

@justinbieber: Great show! Thank you Boston. The beliebers were wild tonight! Now...on to CANADA!!!

@Sethrogen: This Superman/Batman news is really gonna steal attention from The Lone Ranger/ Green Hornet movie we were planning.

MARY-LOUISE PARKER

The "Weeds" star talks about doing her first sequel with "RED 2."

AN ANGEL (WITH A GUN) IN AMERICA

Like much of the cast of "RED 2," Mary-Louise Parker isn't the first person you'd cast in an action film. She's won a Tony (for "Proof"), an Emmy (for "Angels in America") and a Golden Globe (for "Weeds"). For this sequel, she reprises her role of Sarah, who dates her way into a world of globe-trotting, explosion-heavy intrigue.

This is your first movie sequel.

Most of my movies don't even go to the theater. They usually make it to DVD. Usually I do the kinds of movies where you change clothes in the ATM [vestibule], because they can't afford trailers. I like those kinds of movies because you tend to work more and everyone collaborates. And there can be quite a lot of sitting around on big-budget movies. But I'm not complaining.

Is trying to deliver a strong performance on a big-budget production in some ways more difficult than a play?

In some ways it's harder, because everyone's focused on the lighting, and there are the crew and producers. When the actual acting comes it feels almost superfluous. And those moments on set, between "action" and "cut," are the shortest part of the day. It's hard sometimes to summon what you need in those moments, when people aren't fully focused on it. There are film actors who are just brilliant at shutting everything out. That's why some stay in character the whole time.

You've said you don't often watch your films or TV shows. Why?

There are a bunch of reasons. It's mostly that I don't want to be disappointed. I probably wouldn't do it anymore if I watched it. I get disappointed in me, disappointed in how they cut it together. Nothing is ever good enough for me — which is what makes me work hard as an actor, but makes me tiresome to be around. I wouldn't want to see the final product and bitch about it for a year. So I just let it go and try to do my best next time. I'm sure at some point I'll get curious about certain things and want to see them. It will give me something to do when I'm older. I'm probably not going to do film for that much longer.

Why not?

If there had been Internet when I started acting, I would have probably become a kindergarten teacher. It's such a mean-spirited culture. It just brings out the ugliness, the insidiousness in people. It's an arsenal for the bored and bitter.

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Ghosts kill Jeff Bridges, etc.

Box office. "The Conjuring" scared off moviegoers from every other new movie.

Lili Taylor, in "The Conjuring," screamed her way to box office glory. WARNER BROS. PICTURE

"The Conjuring," a low-budget horror movie about a haunted farmhouse, spooked three pricey competitors and the "Despicable Me" minions to win a crowded weekend box office contest at U.S. and Canadian theaters.

"The Conjuring" soared past forecasts with $41.5 million in domestic ticket sales in its first three days, the highest take among four new films, according to studio estimates. The strong performance from "Conjuring" knocked two-time champion "Despicable Me 2" to second place with $25.1 million.

The animated film "Turbo," the story of a racing snail, landed in the No. 3 slot with $21.5 million from Friday through Sunday. Sci-fi comedy "R.I.P.D." floundered in seventh with $12.8 million.

Family audiences kept coming for the animated "Despicable 2," one of the summer's biggest hits, which brought its global total through Sunday to $585 million, said distributor Universal Pictures.

Continued interest in "Despicable" stalled the debut of "Turbo," which features the voice of Ryan Reynolds as a snail that acquires powers after a freak accident.

With a head start on the weekend, "Turbo" added $9.7 million on Wednesday and Thursday at North American theaters, plus $22.6 million from international openings, which only covered about one-quarter of all international markets. DreamWorks spent roughly $135 million to make the film.

"R.I.P.D.," starring Jeff Bridges and Ryan Reynolds, was nearly as expensive as "Turbo," costing Universal Pictures $130 million.

Rounding out the top of the charts, the Adam Sandler comedy "Grown Ups 2" took the No. 4 slot, pulling in $20 million during its second weekend.

Newcomer "RED 2," an action comedy aimed at older adults, landed in fifth place with 18.5 million, which studio officials said was in line with their expectations. The film stars Bruce Willis as a retired CIA agent who reunites a group of operatives to track down a missing nuclear device.

REUTERS

TV watch list

Watch Comic-Con panels from the comfort of your couch. / GETTY

REALITY

'Comic-Con All Access'

The good thing about participating in Comic-Con from the privacy of your living room is that you don't have to worry about how ridiculous you look in your spandex Spider-Man costume.

11 P.M., SPIKE

DRAMA

'Orange is the New Black'

You don't have a Netflix subscription? You'd better get one (or borrow your friend's log-in info) because people are all sorts of hyped about this new series. It's a based-on-true-events dramedy about a young woman sent to jail for drug charges. **ANYTIME!, NETFLIX**

REALITY

'Fear Factor'

Whoa, "Fear Factor" is back? One of the challenges the contestants face in the premiere of the new season involves eating scorpions. Correction: It's five scorpions, which is just about five too many. **8 P.M., SYFY**

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By any other name

Anonymity. What's attractive about hiding behind a pseudonym?

When you have a billion-dollar name, why hide it?

"Harry Potter" series author J.K. Rowling admitted she did just that last week, acknowledging she used the pen name of Robert Galbraith to write detective novel "The Cuckoo's Calling."

Readers scrambled to purchase the book, which shot up to first in Amazon's online sales.

Rowling's not the only person hesitating to take credit for work — others from big-name authors to Twitter parody accounts hide behind a pseudonym.

Stephen King, outed as pseudonym Richard Bachman, told USA Today, "It's an impossible secret to keep for long."

Political-stat virtuoso Nate Silver first wrote under the name Poblano. And fans of Mayor Michael Bloomberg might recognize @ElBloombito, in real life a local writer, which mimics the mayor's press-conference Spanish.

Hiding behind a pseudonym is a low-risk way to try something new, experts say, especially for someone tied to a specific body of work, like Rowling.

"It's a clean slate," says Temple University psychology professor Frank Farley.

But what ultimately unmasks a pseudonym? Success, he suggests.

"They're testing the waters, and therefore they want to do it in disguise," he says. "Then if it works, they'll yank the disguise and reveal themselves."

ALISON BOWEN
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Tweeting in shadow

Social-media pseudonyms

On a smaller scale, many tweet out clever — or scandalous — things behind a Twitter alter ego.

Anonymity is the norm online, Farley notes. "It's almost a standard to not put your full name," he says. "So we shouldn't be surprised that we're seeing that elsewhere."

One parody account unmasked recently was @RuthBourdain, a combination of Gourmet editor Ruth Reichl and TV food host Anthony Bourdain.

Freelance writer Josh Friedland told The New York Times a second virtual life was exhausting — and getting credit for it might be nice, too.

Still-cloaked parody writers might hope to perpetuate a spotlight on the jokes, not the person, says Fordham University communications and media studies lecturer Michael Plugh.

"As soon as you know who the puppeteer is, the puppet ceases to be the focus," he says.

See more at www.metro.us

Stephen King once wrote under the pseudonym Richard Bachman. / GETTY IMAGES

Quoted

"She had the advantage of total anonymity to do something she really wanted to do, and nobody in a million years suspected that it was her, so she could have fun."

Mark Schroeder, senior vice president at communications company M Booth, on author J.K. Rowling

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Tegan and Sara get a little 'Closer' to fame

This twin sister act is no gimmick. / PAMELA LITTKY

Sister act. The duo's new album is their catchiest yet.

After 14 years as a musician, with seven studio albums and plenty of indie cred, but surprisingly little mainstream recognition to her name, Tegan Quin finds herself wondering, "Oh my God, am I supposed to have that moment now ... where I say I'm so sorry to Sara, like, I've ruined our band?"

The popularity of Tegan and Sara's infectious, electro-driven single "Closer" (off 2013's "Heartthrob") — a track that Tegan re-wrote six times, at Sara's request — has thrust the Canadian sister act into the spotlight and on to the pop radio waves. Tegan remembers when their 2004 single "Walking With a Ghost" was making the rounds on the alt radio circuit and Sara moaned, "We're like that band who has one song." As it turns out, it wasn't true then and it isn't true now. "You know what?" says Tegan, when asked if she's dubious about the sudden uptick in their pop celebrity. "F— that. I'm really excited!"

"F— that" is sort of the unspoken mantra for the sisters, who have maintained a long and steadily evolving career despite all the odds against them. A lesbian identical twin sister act seems like studio-designed gimmick destined for one-hit wonderdom. But the sisters chose to first sign with a small label (Neil Young's Vapor Records), allowing themselves time to grow as musicians and as people. Today, they're touring internationally while t.A.T.u. (remember that other "lesbian" duo?) are, well, who knows? "I'm going to go to Russia and find them," Tegan jokes.

"You have to put out a thousand leads to have one hit," she continues. "I don't expect that every person who hears 'Closer' is going to become a fan, but I hope that enough do that it keeps our band relevant, and keeps us making music."

The twins have fostered a creative symbiosis that a touring duo who did not share a zygote would likely have to work a lot harder to maintain. Though identical, Tegan says, they're "different shades of red."

"Sara is an East Coast person, she's into way more obscure, avant garde kind of stuff," she says. "And I'm more laid back. I took less time with music. I yell when I talk onstage, she talks more quietly, we're just kind of the opposite ends of each other."

"Heartthrob" is one of Tegan and Sara's poppiest records to date, chock full of buzzy electro-hooks, and has likely earned them a whole new generation of fans. But it's doubtful that any celebrity will affect their slightly self-effacing take on life. "I could never get a big head, I could never be a 'Rock Star,'" Tegan says. "Sara will always be there to tell me I'm not that, I'm just me."

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Quoted

"It seems like there are more imminent problems to be dealing with. Like, the melting ice caps, corn shortage. Let's just make equality for everyone and then move on to the pressing issues."

Tegan Quin, on homophobia

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Gabrielle Bernstein is the author of "Spirit Junkie."

See more at www.metro.us

Here's another way to feel better in the sweltering temps — just expect a few funny stares. / GETTY IMAGES/CREATAS RF

When it's 100 degrees out, it's easy to want to hide inside by the AC and OD on the iced tea. The summer heat can make us lazy and unproductive.

But just because it's hot doesn't mean we can shut down our lives, our jobs and our daily priorities. We must learn to coexist with the heat in order to keep life flowing. If you're sick of moving slow and you're ready to re-energize yourself this summer, follow these three steps.

Have an indoor barbecue

Once you get home from work and take a shower it may seem impossible to go back out into the heat. So instead of prancing about in your sweaty clothes, invite your friends over for an in-home barbecue. You can grill some veggies on the stove, make a watermelon salad and offer some cucumber juice in the comfort of your own climate-controlled home.

Maintain a positive attitude

The summer heat can make everyone a little cranky. Instead of losing your cool every time you step outside the house, make a commitment to stay positive. Set yourself up to win each morning before you walk out the door by affirming that you intend to have a good day no matter what. Look in the mirror on the way out and say, "It's going to be a good day." This moment of positive intention will energize you from the onset of your day.

Find fun fitness routines

Getting to the gym is hard enough, but when it's a sauna outside there's just another excuse to stay home. The best way to get off your butt and into the gym is to find a new routine that inspires you. I found myself avoiding the gym at all costs until I got creative and started to pay attention to the classes that seemed interesting. I mustered up the energy to try pilates and now I'm hooked. Because I'm digging this new routine, I feel inspired to leave the house even if it's sweltering outside.

Join me

Sand and spirit

If you want to get re-energized by a new fitness routine, join me on August 5th in Montauk for my full-day workshop. I'll be leading a Kundalini yoga class followed by an intenSati aerobics workout with fitness guru Patricia Moreno and a healthy lunch from Byron restaurant. You can sign up at Gabbyb.tv/speaking. Fun fitness is available everywhere.

PLUS

(Don't) drink up

Coke likely to face suit

A U.S. federal judge has recommended that Coca-Cola Co. face a class-action lawsuit accusing it of misleading consumers by overstating the health benefits of its Vitaminwater drink.

U.S. Magistrate Judge Robert Levy nonetheless said consumers could not sue as a group for money damages, but rather to try to change how Coca-Cola labels and markets the product.

Plaintiffs in the 4-½-year-old lawsuit accused Coca-Cola of deceptively marketing Vitaminwater as an alternative to water and sugared soft drinks that could promote healthy joints, boost the immune system and help people fight eye disease, among other health benefits. REUTERS

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DIARY OF A FIRST-TIME NEW YORK CITY MARATHONER

On the Run

JIM CARROLL

FIRST-TIME RACER, LONG-TIME NEW YORKER

letters@metro.us

The New York City Marathon.

Just saying the words makes me feel like a New Yorker. Like Yankee pinstripes and Central Park, it is something that is uniquely New York. Having grown up in the Boston area and being a huge Red Sox fan, the last thing I thought I'd ever do is participate in an event that could solidify my residency as a New Yorker. Here I am, though, less than four months away from doing just that.

It started innocently enough a year and a half ago when I went outside my apartment and ran 20 city blocks. I didn't keep track of my time and didn't know that 20 city blocks equals a mile. Within a couple months, I had conquered my first goal, running across and back along the Queensborough Bridge. At that point, I was just running without knowing time or distance (think: Forest Gump). At a friend's suggestion, I started keeping my time and recording my distance. Soon after, I joined the New York Road Runners and ran a series of races in Prospect Park and Central Park. I had officially been bitten by the running bug.

I remember when the idea first entered my mind that I could run (and finish!) the New York City Marathon. It was early spring and I was completing a couple loops of the reservoir in Central Park. I started to think that I might be ready to run a half marathon in the summer, rather than later in the fall as I had originally planned. Then I thought, if I could do that, I might be able to run a marathon sooner than expected — this fall, instead of the fall of 2014, which was my original plan.

I went home and Googled "fall marathons" to see which ones I could run if I didn't get into New York. I looked at Chicago and Philadelphia — both great races — but I wanted my first marathon to be in New York. There was a lottery for entrance into the New York Marathon, but the odds of getting in were very slim. I put in my lottery bid anyway and started to investigate possible charity teams to run with as an alternative if I didn't get drawn (they give a guaranteed entry). Lo and behold, though, I came home from the movies one night and found the acceptance announcement waiting for me. It was like getting the golden ticket to Willy Wonka's Chocolate Factory, but instead of candy and joy it would be a tour of pain and suffering — with a happy ending, I hope.

I was in and now the journey begins. Over the next 16 weeks, I'll be writing about the highs and lows of first-time marathon training, one mile at a time. Stay with me as I train and, come November, cross the finish line.

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How to handle an office bully

Advice. Every office has that one person whose cubicle everyone avoids.

Kindness for bullies? Good luck with that. / GETTY IMAGES, FUSE

Maybe they swiped your papers from the copy machine. Or maybe they "accidentally" left you off the email about a super-productive lunch meeting — for the third time. Maybe you avoid their cubicle, knowing every interaction turns aggressive.

File all these scenarios under workplace bullying.

"Bullying, actually, many times is considered legal, believe it or not," says Mike Dreiblatt, president of Stand Up to Bullying.

Unlike harassment, often covered in human resources handbooks as behavior toward employees because of race, religion or ethnicity, bullying brings grayer edges.

One complicating factor is that ambition and being assertive are part of a cocktail that usually equals success, Dreiblatt says.

But when assertive melds into aggressive, a bully sprouts.

"When you assert, you assert yourself," Dreiblatt says. "When you're aggressive, you're aggressive to someone else."

Bullies often target multiple people, he says, but even just one person's awful cubicle experience can affect company morale — for example, turnover.

"Sometimes that aggressive individual does bring in more money for the company," he explains.

But his caution for employers? "They bring down the productivity of everyone else in the end. There's a net loss, not a net gain."

Dreiblatt suggests first finding out your company's policy on bullying, if it has one.

Then, if you confront an aggressive person, have another person present, he advises. "Make sure someone else is there who is able to witness the confrontation," he says.

And document, document, document. Write down each encounter: when it happened, what happened, who witnessed it.

Many might be tempted to attempt to kill bullying with kindness. Good luck with that, Dreiblatt says.

"The idea that you're going to somehow buy them a pound cake and they're going to be nice to you probably isn't going to happen," he says. "This person has already shown themself to be aggressive."

Quoted

"When you assert, you assert yourself. When you're aggressive, you're aggressive to someone else."
Mike Dreiblatt

ALISON BOWEN
alison.bowen@metro.us

Tips

How to respond to a bully:

- Document everything.
- Have a witness if you choose to confront the bully.
- Practice what you will say to the person.
- Create a script for yourself.
- Practice with the person you will have in the room.
- Keep it short. "Less is more," Dreiblatt says.
- Describe the behavior you find unacceptable, say it is not acceptable to you and how you request that they act in the future. Also say what you will do if it persists, such as meet with a manager.

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Horoscope

Cancer | June 21-July 22. There is a possibility that you could expect more from others than they are prepared to give, especially in material matters.

Leo | July 23-Aug. 22. Hastily committing yourself to an agreement isn't likely to serve your best interests, so stop and think.

Virgo | Aug. 23-Sept. 22. If you allow a matter of importance to be brushed aside, it could create a new series of problems that will only compound your recent difficulties.

Libra | Sept. 23-Oct. 22. You'll be inclined to take risks today, which could cause you to get involved in a project that has a slim chance of success.

Scorpio | Oct. 23-Nov. 21. Usually, you're not easily intimidated by others, yet today you might do something against your better judgment due to peer pressure. Be careful.

Sagittarius | Nov. 22-Dec. 21. Although you might be able to get your points across, it doesn't mean they'll be well-received.

Capricorn | Dec. 22-Jan 20. Be on guard when it comes to contributing financially to something, even if it involves close friends. Relationships could be damaged.

Aquarius | Jan. 21-Feb 18. If you decide to get involved in a competitive situation, don't underestimate your opposition.

Pisces | Feb. 19-March 20. There is a strong possibility that you might have to deal with a few responsibilities that won't be to your liking.

Aries | March 21-April 20. You could easily find yourself drawn into a situation that could bring nothing but trouble. Choose your pals wisely.

Taurus | April 21-May 21. Be honest with yourself about whether you drew someone into a situation that has ended up causing her problems.

Gemini | May 22-June 20. Don't say anything to someone in confidence that you would not want relayed to other people.

BERNICE BEDE OSOL

Sudoku: Easy and hard

	9		2					
5		2	6		1		8	3
6		1					9	
4		7		3				
	8						1	
				4		3		6
	1					5		2
7	5		4		2	1		9
					9		3	

4						5	2	
			2	9	7			4
	2						8	9
			5	8		2		
	6		7		4		3	
		5		1	3			
9	7						5	
6			9	5	2			
	5	2						8

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

A Rolling Stone gathers no accolades

In light of the "celebrity" head shot of the Boston Marathon bombing suspect that appears on the cover of Rolling Stone magazine

I suggest they rename it "Rolling Stoned" magazine and the editorial board "Rolling Stoners." Fair enough?

HERB STARK, VIA EMAIL

Morals gone the way of the dodo bird

Regardless of race, religion, sexual orientation, etc. — wrong is wrong. There can't always be a gray area. First a man who disobeyed authorities, then initiated a fight with a child and decided to kill the child, gets to walk from trial. Now a national rock 'n' roll magazine promotes another murderer of innocent victims as if he were a celebrity. OMG, morals must be extinct.

MARY SALLEY, VIA EMAIL

Online

Read letters at Metro.us

In addition to news, features, updates and more, Metro is posting letters to the editor at Metro.us.

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

New!

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!

Interactive Crossword

Crossword

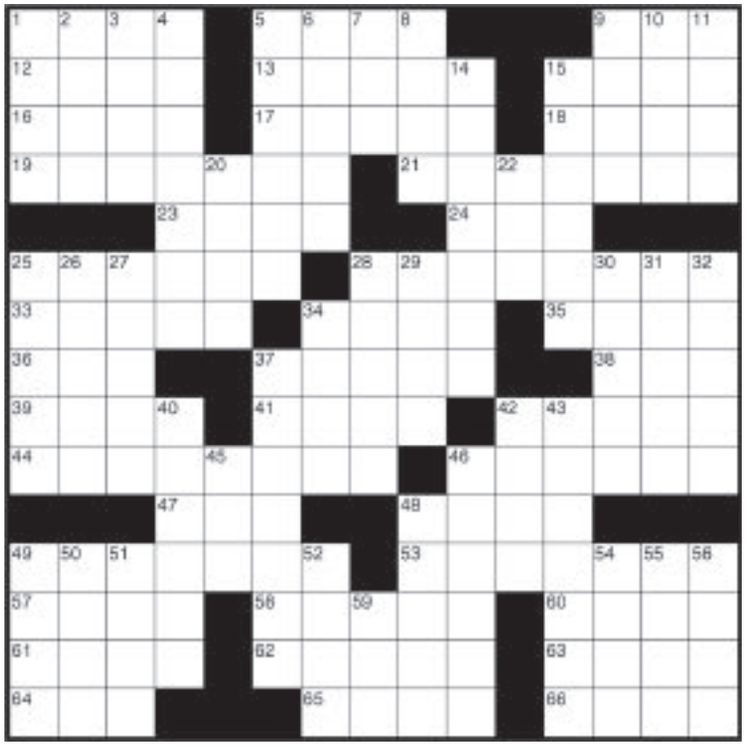
Across

1 — Monster (Godzilla foe)
5 Striped antelope
9 Vain fellow
12 Roof edge
13 Get acclimated
15 Sushi ingredient
16 Barely gets by
17 Low-cost
18 Abbr. on a memo.
19 Heyerdahl's raft (hyph.)
21 Contact
23 El Paso campus
24 Jrs.' dads
25 Flew upwards
28 Philanderer (hyph.)
33 More ancient
34 Parka feature
35 Beery or Webster
36 Club for GIs
37 Singer — Mann
38 Golf instructor
39 Vaccines
41 Plunging necklines
42 Senator in space
44 Earthworms
46 Hair-care product
47 Region of India
48 Kitten's toy
49 Not worthy of
53 Kitchen herb
57 Others, in Latin
58 Scarf down (2 wds.)
60 Baha'i origin
61 Libra or Pisces
62 Prospect for oil
63 Delightful
64 Villain's cry
65 Wide valley
66 Square dance partners

Down

1 Go in search of
2 Hammerhead kin
3 Part of a range
4 Nod or wave
5 Punted
6 Out of it
7 Rightful
8 Siberian river
9 Tries on for size
10 Numerical prefix
11 "Mystic River" lead
14 Soap opera unit
15 Dried fruit
20 Route for Ben-Hur
22 Craft or skill
25 March composer
26 Merlin — of the NFL
27 Dress up
28 Weighty books
29 Misfortunes
30 Sulks
31 Gives dividends
32 Geneva's river
34 Sped off
37 Did the Wright thing?
40 Cyclades locale
42 Wound a matador
43 Charging ahead
45 Mauna —
46 Agatha's Miss Jane
48 "— Accomp'ny Me"
49 Wingding
50 Lamb's alias
51 Close at hand
52 Strict
54 Diva's rendition
55 Table salt
56 Dollar bills
59 Senorita's aunt

Weekend's answer



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Deja vu

Giants' Hill suspended again for drug violation

Giants safety Will Hill has been suspended four games for violating the league's substance abuse policy.

It's the second straight year he's received a four-game suspension from the league, though last year it was for the league's performance-enhancing drug policy. He blamed that failed test on Adderall.

Hill, a New Jersey native, was a tremendously talented safety at Florida, but ended up being kicked off the team. He resurrected his career with the Giants last season with the departure of Deon Grant. METRO

Harvey starts second half with another gem

MLB. The All-Star starter looked every bit an ace after a 13-day layoff from his last Mets start.

It was a day for power in Queens as Matt Harvey blew 99-mph heat past the Phillies for seven innings and David Wright, Marlon Byrd and Juan Lagares all homered off Cliff Lee.

The Mets took their second game of the series, 5-0.

Harvey improved to 8-2 with a seven-inning, 10-strikeout performance in his return to the same mound he pitched on last Tuesday night in the All-Star Game.

New York (43-51) is now just one behind Philadelphia (49-50) in the loss column having played five fewer games so far this season.

MARK OSBORNE
mark.osborne@metro.us

Mets vs. Braves

The Mets host Altanta for four games next.

- Monday - Julio Teheran vs. Dillon Gee, 7:10 p.m., SNY
- Tuesday - Kris Medlen vs. Carlos Torres, 7:10 p.m., SNY
- Wednesday - Tim Hudson vs. Jeremy Hefner, 7:10 p.m., SNY
- Thursday - Paul Maholm vs. Zack Wheeler, 12:10 p.m., SNY

Matt Harvey lowered his ERA to 2.23 with seven scoreless innings yesterday. / GETTY IMAGES

3 SPORTS

Watch online

Find video and recap of Matt Harvey's gem against the Phillies at: **Metro.us/sports.**

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Rodriguez return in limbo after he gets MRI on quad

MLB. His return to the lineup has been delayed by an injury to his left leg.

Alex Rodriguez's return to the Yankees will be delayed — but not by much, if you listen to the third baseman.

Rodriguez was scratched from yesterday's Triple-A lineup with tightness in his left quad and he returned to New York from Scranton for an MRI.

"I spoke to [general manager Brian] Cashman, [manager Joe] Girardi and the plan is pretty much as scheduled as 20 days ago with one exception: get an MRI, get on a flight to Texas, probably get a workout [Monday] and strap it on Tuesday," Rodriguez told reporters before leaving Scranton.

Alex Rodriguez / GETTY IMAGES

He did rule out returning today as had been originally speculated. Rodriguez had been scheduled to play third base in Saturday's game at Scranton/Wilkes-Barre, but was instead switched to designated hitter due to the quad injury. He was 0-for-4 with three strikeouts.

His 20-day rehab window has expired, so he can no longer play in minor-league games.

The Yankees begin a four-game series in Arlington, Texas, today.

MARK OSBORNE
mark.osborne@metro.us

Mickelson shoots 66 to take British Open title

Phil Mickelson closed out the British Open with the round of his life to win his fifth career major. He birdied four of the final six holes and finished 3-under for the tournament. / GETTY IMAGES

Tour de Froome

Froome wins Tour de France

Brit Chris Froome cruised to a win in the 100th Tour de France yesterday.

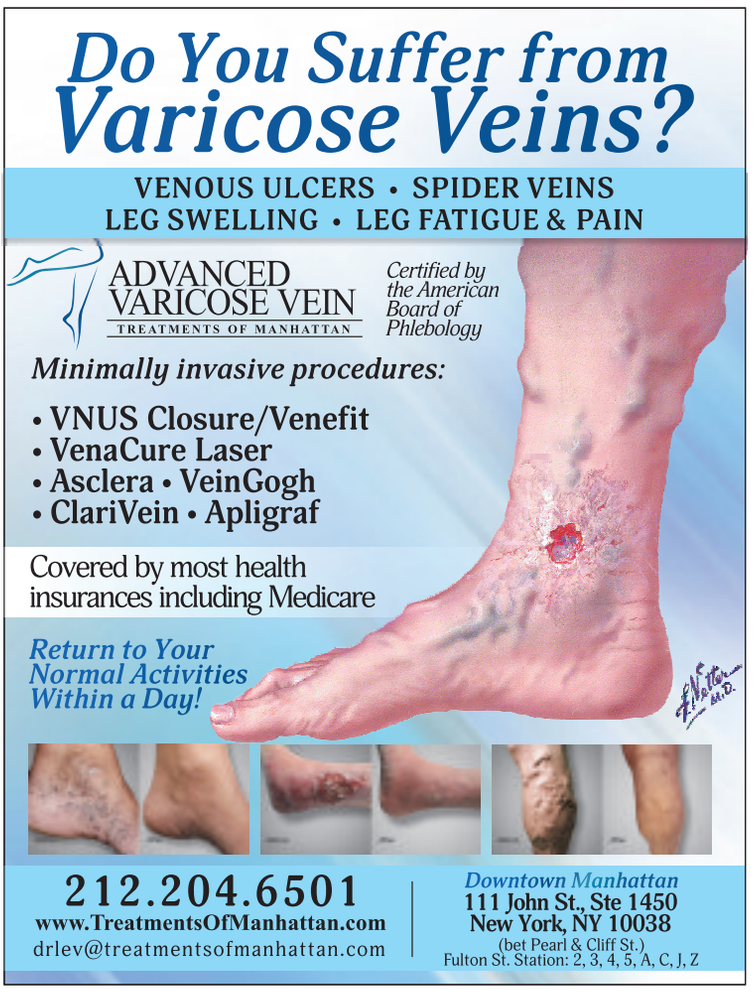
He is the second straight British native to win the tour after Bradley Wiggins. Froome, 28, is teammates with Wiggins on Team Sky. Froome took over the yellow jersey on Stage 8 and won by 4:20 over Colombian Nairo Quintana.

Andrew Talansky was the highest finishing American in 10th overall. **METRO**

Holmes again?

Holmes return date unknown

Jets receiver Santonio Holmes spoke to the media at a charity event Saturday and said he'll "hopefully" be ready by Week 1. **METRO**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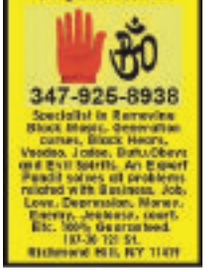
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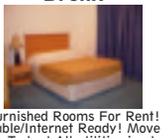
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Legal Notices

NOTICE OF FORMATION OF 2809 REALTY LLC Articles of Organization filed with Secretary of State of NY (SSNY) on 06/20/2013. Office location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: C/O The LLC, 2809 Ocean Ave Brooklyn NY 11229 which is also the principal business location. Purpose: any lawful activity.

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■ **Men** Natural nutritional support for urinary ease & comfort. Relief within 3-5 days from dribbling, discomfort, urgency, poor flow. Instead of getting up many times most need to get up only once or not at all each night. For many years a favorite for mature men. Good sleep helps to have more energy all next day. Also blood flows more easily where it counts for better sex life. Thousands of satisfied repeat customers. No side effects. We have literally hundreds of testimonials.

■ **I was skeptical.** I bought a box and it worked as advertised. Within a week I had relief. *Howard Toy, 69, Henderson, NV* ■ **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. *Angus Pike, Oshawa, ON*

■ **I am truly amazed and relieved.** After 2 weeks I no longer have to get up during the night. I'm enjoying a normal sex life again. I hope a lot of men with a pride issue give this tea a shot. It's difficult to express how delighted I am. *Clarence A. Rehrig, 58, Allentown, PA*

■ **Know the truth.** This is my third year of drinking the Ezee Flow Tea. I highly recommend it. A real life saver. *Thomas M. Thurston, Forsyth, GA.* ■ **Women** suffering with incontinence, UTIs ask for Bladder Control Tea for Women #4b. Guaranteed relief within days. **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

#26

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Dr. C. Hammoud M. H., PhD, recommends this natural, effective fish peptide product to nutritionally support the body's normal blood pressure function. *A science-backed herbal phytonutrient. Promotes flexible, relaxed blood vessels in healthy persons. *A one-of-a-kind formula that offers unprecedented nutritional support for your overall health and well-being. *We have thousands of repeat customers. Blood pressure is a focal point of cardiovascular wellness. *Achieve your balance and maintain your balance and a healthy range.

■ **Bell Blood Pressure Formulation helped me feel great.** Thank you for this wonderful product. *William Oliver, Portsmouth, VA* ■ **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! *Mary Earl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. Irene Surridge, 67, Owen Sound, ON ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY.* **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

CLEAR SKIN

#60

Dr. C. Hammoud, Master Herbalist, PhD, guarantees satisfaction. Helps to maintain healthy skin from the inside simply by cleansing the blood, instead of attacking the skin from the outside with creams or washes. *This makes sense. Usually you can see how it benefits your skin within days. *Many people wrote they were surprised how fast it worked. Lots of testimonials from pleased users on our Bell website. There is absolutely no risk for trying Dr. Hammoud's product.

■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks for giving back my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY.* ■ **It worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60,New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA*

■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON*

Skeptics can call everybody. All are real people like you or your friends.

#23

SNORING?

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48%of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY*

■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53,Gardendale, AC*

■ **3 Years on Bell Sound Sleep** #23. My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC*

■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS*

■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

■ ***AVAILABLE IN MANHATTAN:*** **New Life Nutritional Centre** 714 W. 181 St. **Cash Rx Plus** 746 10th Ave. @ W 51st St **Cordette Drugs** 55 W 39th St @ 6th Ave. **Cross County Pharmacy** 1514 Madison Ave. @ 103rd **Food For Health** 1653 3rd Ave. **New London Pharmacy** 246 8th Ave@ 23rd St. **A Matter of Health** 1478 1st Ave. @ E 77th St. **Ajanta Pharmacy** 2718 8th Ave. @ 145th St **Arrow Pharmacy** 883 9th Ave. @ 57th St. **Blake Pharmacy** 1868 3rd Ave. @ 103rd St. **Bliss Pharmacy** 1590 Madison Ave. @ 107th St. **C & C Nutrition** 561 W 179th St. @ St. Nicholas Ave. **Dile Punab Deli** 170 9th ave @20th @21st ST. **Harlem RX Pharmacy** 102W. 116TH St. **Health IS Wealth** 184 7th Ave. **Earth Matters** 177 Ludlow St. @Houston St. **Elm Health** 1695 1st Ave. @ E 88th St. **Metro Drugs** 7 West 14th St. near 5th Ave. **Metro Drugs** 931 Lexington Ave. @ 68th St. **#92 Pharmacy** 1938 2nd Ave @ E. 100th St. **VLV Med Pharmacy** 4085 Broadway St. **Earth Matters** 177 Ludlow St. @ Houston St. **Gary Null"s Uptown Whole Foods** 2421 Broadway St. **Health Harvest** 820 2nd Ave. **Natural Green Market** 162 3rd Ave. **Pro Health Pharmacy** 385 2nd Ave. **Pro Health Pharmacy** 370 Lexington Ave.

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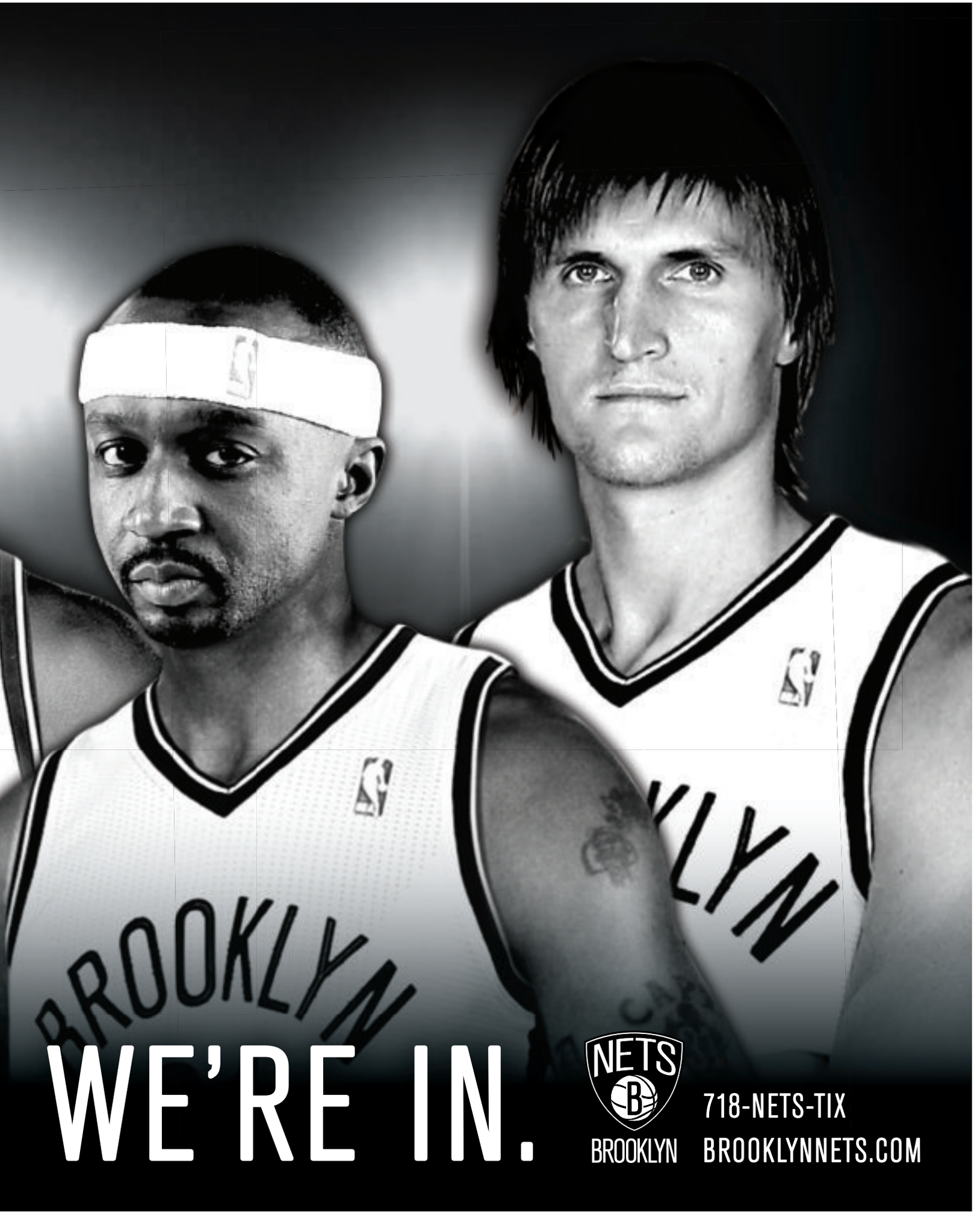
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